



Child Nutrition Program
MAY 2022 Harvest of the Month Recipe

TROPICAL BEET SMOOTHIE



BEET the HEAT with this Tasty Beet smoothie that is loaded with vitamins, nutrients and tropical flavor!

If you can't find golden beets, red beets will also work!

Ingredients

- 2-3 medium sized beets.
- 1-2 ripe bananas (use those bananas that have spots!)
- 1 cup of frozen or fresh pineapple chunks
- 1 cup of frozen or fresh mango slices
- 1 cup of ice (if using fresh fruit)
- 1 cup of almond milk (or water or milk of your choice)
- Optional: 1 tsp. of honey

Directions

1. Wash the beets really well.
2. Using a vegetable peeler, carefully peel the skin from the beet.
3. Dice the beet into 1/2 inch cubes.
4. Add all the ingredients into the blender.
5. Blend until smooth- about 1 to 1 1/2 minutes.
6. Pour into a glass and enjoy!



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Beets Varieties



GOLDEN BEETS

These were used in our Smoothie Recipe! They are delicious raw, and have a beautiful flesh and sweet, mild flavor.



DETROIT DARK RED

Sometimes these are confused with turnips! They are deep red, with a smooth skin. These are great for canning and roasting.



WHITE DETROIT

White beets are a creamy-white color and have a sweet, hearty flavor. The greens make a great addition to stir-fry!

Fast Facts

The beet root has many relatives! They are related to Swiss Chard, Spinach and Quinoa!



Red Beets make an excellent dye! So be careful because it dyes everything it touches.

Beet roots store really well! Remove the greens and any soil, but don't wash and they can keep in the coldest part of the fridge for 3 months!

Beet Roots are so versatile that they can be eaten raw, or cooked and can also be used in sweet recipes like our Tropical Beet Smoothie!

IDEA Farm News

For school year 2021-2022, IDEA Public Schools will have 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Innovation

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

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Beets Coloring Activity



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Beets Word Search

Directions:

Find the BEETS related words in the puzzle.

Words can go in any directions and can share letters as they cross over each other.

SUMMER
BEETS
MAY
HARVEST

GOLDEN
RED
TASTY
VERSATILE

CRUNCHY
RAW
NUTRITIOUS
TROPICAL

N B E D A Y G T X T S E V R A H M N C B
M E M Q T E Q L G G W V M O O A U V W Q
C L D S X Q T O Z G I Y N V Y T J N R E
Z R A L X B U N M B S T E V R M E I T O
X T U J O W L G D P X L Z I G U T B H Z
R H H N L G N H T R B F T A K D Z N B C
J T Y R C P I K H H F I L A C I P O R T
U K R C X H R K D L O V E R S A T I L E
M D I E V Y Y T R U R M S X B E H Z K X
O C Z W Y R T L S B V I X U B J I N R C
S Q K N L A C B L L B X U Y M B D R M K
F N B F Q W Y N H Z E B D W K M Z G Z J
P O F F J F F M Q O E Y E K H X E P A M
J G V H F V O D T E T R R U I N A R K Q
G I A S H P Y Z X W S R W Y D K Y K M E



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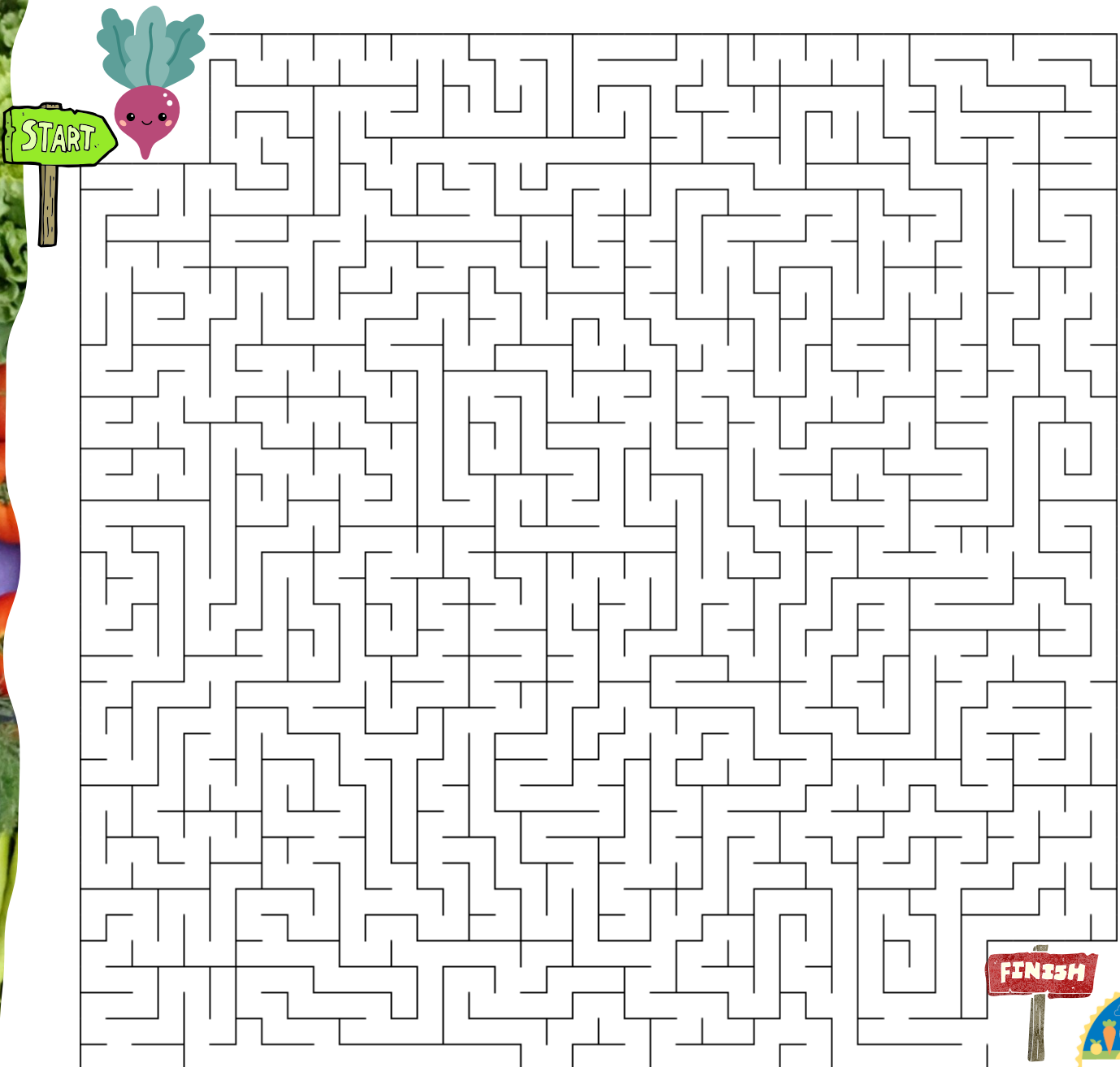




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Beets Maze

Directions:
Help Betty Beet find their way to the finish line!



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Beet Word Scramble

Directions:
Unscramble the Beet Related Words!

Scrambled Word

Unscrambled Word

1. EBSET

2. EATSHRV

3. RCTAIOLP

4. ASTTY

5. TUNSTURIO

6. OOSTMHIE

7. OCIDSUEIL

8. UEMSRM

9. DELGON

10. ERD

11. YRVIAE

12. RFMA

13. QESTU

Answer Key

1. BEETS
2. HARVEST
3. TROPICAL
4. TASTY
5. NUTRITIOUS
6. SMOOTHIE
7. DELICIOUS
8. SUMMER
9. GOLDEN
10. RED
11. VARIETY
12. FARM
13. QUEST

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